

IONA PREP/URSULINE SPRING DEVELOPMENT MEET

SATURDAY MARCH 20TH 2010 @ IONA PREP - NEW ROCHELLE

THIS MEET IS OPEN TO NEW YORK STATE SCHOOLS ONLY!

ENTRIES CLOSE FRIDAY MARCH 19TH
[PLEASE LET ME KNOW IF YOU WILL BE ATTENDING]

1. THE MEET WILL BE HELD REGARDLESS OF THE WEATHER!
2. MEDALS TO THE TOP TEN [10] IN EACH EVENT!

WE WANT THE MAXIMUM NUMBER OF ATHLETES TO WIN MEDALS!!!!

3. TWO EVENT RULE FOR EVERYONE!
4. THIS SHOULD BE A FUN MEET FOR YOUR ATHLETES!!!!
5. COST: INDIVIDUALS \$2.50 PLEASE MAKE CHECKS PAYABLE TO:

"Ursuline School"

6. QUESTIONS CALL: JAN MITCHELL @ 917-837-4042 [HOME]
jl75@ionaprep.org OR janaconda@aol.com
7. MAIL ENTRIES TO: JAN MITCHELL
243 CARROLLWOOD DRIVE
TARRYTOWN, N.Y. 10591

SCHOOL: _____ COACH: _____

HOME#: _____

COACHES EMAIL: _____

OF INDIVIDUALS _____ @ \$2.50 = _____

BLANKET ENTRY [BOYS & GIRLS] @ \$300.00 = _____

BLANKET ENTRY [SINGLE SEX TEAM] @200.00 = _____

TOTAL = _____

**THIS IS ALWAYS A GREAT WAY TO GET THE
SPRING SEASON OFF TO GOOD START!
HOPE YOU AND YOUR TEAM WILL ATTEND!**

SCHOOL: _____

BOYS _____

GIRLS _____

FIELD EVENTS

9:00	HAMMER THROW [BOYS & GIRLS]	_____
10:00	VARSITY DISCUS	_____
10:40	SOPH DISCUS	_____
11:20	FROSH DISCUS	_____
12:00	GIRLS DISCUS	_____
9:00	FROSH TRIPLE JUMP	_____
9:45	SOPH TRIPLE JUMP	_____
10:30	VARSITY TRIPLE JUMP	_____
11:15	GIRLS TRIPLE JUMP	_____
9:00	GIRLS HIGH JUMP	_____
10:00	FROSH HIGH JUMP	_____
10:00	SOPH HIGH JUMP	_____
11:00	VARSITY HIGH JUMP	_____

RUNNING EVENTS

9:00	GIRLS VARSITY 1500m	_____
9:10	GIRLS S/F 1500m	_____
9:20	VARSITY 1500m	_____
9:30	SOPH 1500m	_____
9:40	FROSH 1500m	_____
10:00	GIRLS VARSITY 400m	_____
10:15	GIRLS S/F 400m	_____
10:30	VARSITY 400m	_____
10:45	SOPH 400m	_____
11:00	FROSH 400m	_____
11:15	GIRLS VARSITY 800m	_____
11:25	GIRLS S/F 800m	_____
11:35	VARSITY 800m	_____
11:45	SOPH 800m	_____
11:55	FROSH 800m	_____